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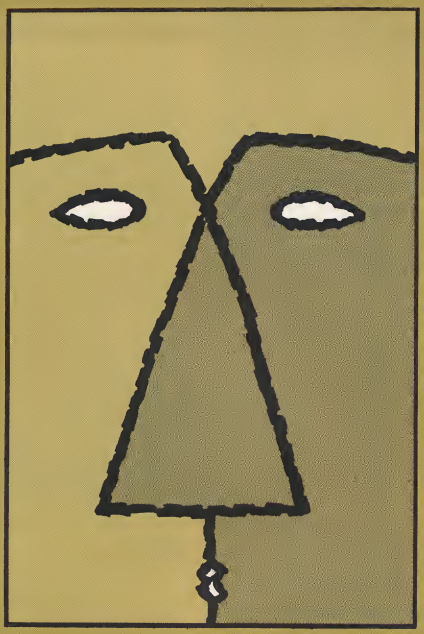

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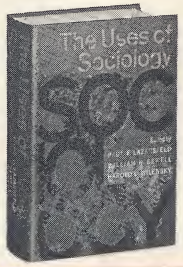

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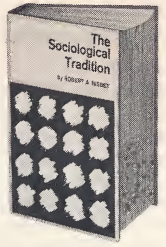

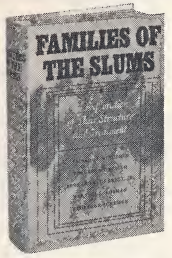

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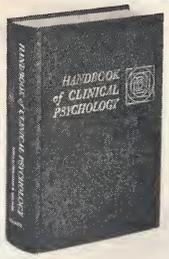

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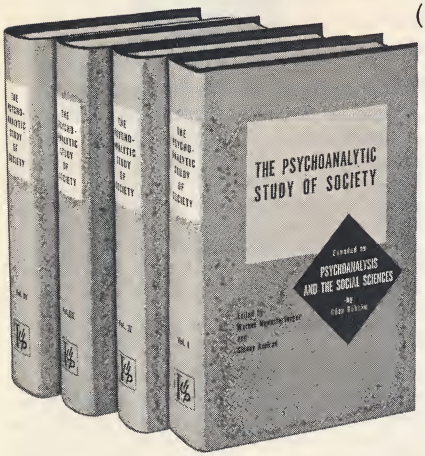

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The Main Selection

The Technique and Practice of Psychoanalysis

by Ralph R. Greenson, M.D.

a review by Seymour L. Lustman, Ph.D., M.D.
Professor of Psychiatry
Yale University Child Study Center and Department of Psychiatry

The data of psychoanalytic treatment constitute the motherlode of psychoanalysis. They have yielded a profoundly useful theory of human development, as well as a variety of other research mediations. Thus, the study of technique in psychoanalysis has far broader implications than for treatment alone—although that in itself would justify this book. It is nevertheless true that the psychoanalytic researcher, as well as the practitioner—if he uses the psychoanalytic method—can never divorce himself from his therapeutic intent and responsibility, or from the Art as well as the Science. In this, Dr. Greenson is in the tradition of Anna Freud—he, too, is a humanitarian scientist and a scientific humanitarian.

This first of two volumes is a book about the technical problems of conducting psychoanalytic treatment, written by a remarkably creative, perceptive and responsive psychoanalyst. At the same time, THE TECHNIQUE AND PRACTICE OF PSYCHOANALYSIS presents a wealth of experience and wisdom about the human state that has value far beyond the confines of the psychoanalytic profession.

Our world is a turbulent and hazardous place. Our times are characterized by massive, overwhelming and unrelenting problems on an almost incomprehensible scale. Our collective and individual energies and attention have been pre-empted by such global issues as war, poverty, violence, pollution, crowding, urban decay, racism, politics, technology, economics and social reform.

The paradox in these societal concerns is that any list of our tribulations must also include the devastating impact of anonimity and dehumanization—which may, in fact, vex our spirit more than we dare acknowledge. This is extraordinarily relevant to the care of patients, but is a matter that has not escaped thoughtful men in other areas. In speaking of education, Sidney Hook stated it well when he insisted that the stress on individuality must remain an underlying purpose of education "lest what is very precious to all of us be lost in a sea of sociality. I refer to something very simple to identify but very difficult to describe—the quality of distinctive personality."

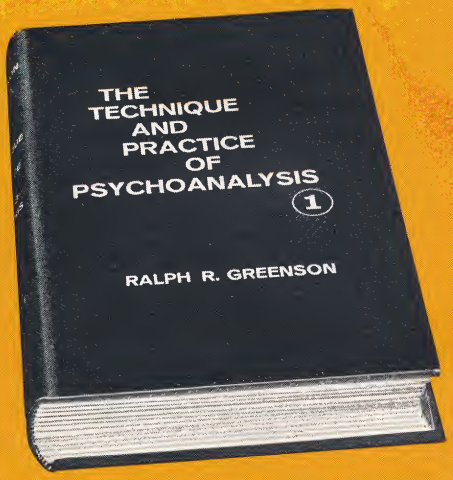
Within the framework of these stresses of our day, it is more than refreshing to be reminded of the intimacy and individuality of men's lives and of the doctors who care for them. For it is Dr. Greenson's thoroughgoing respect for the individual and the devotion with which he cherishes the uniqueness of each of his patients that is the hallmark of THE TECHNIQUE AND PRACTICE OF PSYCHOANALYSIS. He demands of himself and others an "unflagging pursuit of insight and understanding . . . a respect and protection of the rights, potentials, and dignity of the

patient . . . a frank and thoughtful commitment to relieving the patient's neurotic misery" as components of the analytic atmosphere that is, in part, created by the analyst.

That Dr. Greenson *feels* this keenly is apparent. Psychoanalytic technique is not an abstraction of constructive theory—although theory is well and relevantly used. Psychoanalytic technique, to Dr. Greenson, is patients; and patients are people in pain. Accordingly, there is a wealth of clinical material presented—not only for its illustrative value, but because Dr. Greenson enjoys being part of humanity. There is no clumsy, self-conscious attempt to describe the compassionate, empathic but objective stance of the analyst. Dr. Greenson never pontificates about unlimited personal regard or love for one's fellow man—even if a patient. Rather, the reader becomes increasingly aware of this deep-seated attitude by virtue of the fact that humanism permeates the book, particularly in the therapeutic material described.

Anyone who has tried to teach patient care will recognize this crucial dimension of the health sciences. It is perhaps the most difficult to impart and instill in students; most probably because it is so painful to care while admitting human frailty in one's self—particularly when charged with awesome responsibility. Since this is usually "learned" by identification with the teacher, it is not difficult to understand Dr. Greenson's reputation as a great psychiatric and psychoanalytic mentor.

For all who have tried to heal, to understand, and to maintain an optimal distance from their patients, this volume will teach much. It is systematic



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THE TECHNIQUE AND PRACTICE OF PSYCHOANALYSIS, Volume I, is the Main Selection of Behavioral Science Book Service.

and comprehensive as well as comprehensible. The stages of psychoanalytic therapy are clearly demarcated, ranging from introduction to the couch, through transference and resistance, to countertransference issues.

Of particular value is the prologue with its illuminating discussion of indications and contraindications for psychoanalysis. Of equal value is the epilogue with its identification of what psychoanalysis requires of patients, analysts and the setting. The psychoanalyst himself, his skills, character and motivation, are uniquely presented, as much by example as by explication. Throughout, there is one of the most carefully integrated and scholarly reviews of a discursive literature available in this complex area.

For the psychoanalytic practitioner, teacher and student, THE TECHNIQUE AND PRACTICE OF PSYCHOANALYSIS is an important book. It isn't a definitive statement in the sense that a definitive statement is really only possible in a static historical sense. However, granting the complexity and controversial character of such a difficult area, it is the most definitive for the moment. Dr. Greenson knows this and did not intend to write a guide, although he offers excellent guidelines.

This has to be considered a scholarly book which brings into one discourse many differing streams of thought. It is an honest book not only in its earthy descriptions of life as it is lived (in and out of analytic hours) but in its candor. Dr. Greenson not only invites the reader into his consultation room to "listen in" but also welcomes the reader into his private thoughts and feelings.

Although Freud had the courage to reveal himself, few others have had that degree of frankness. This is most difficult to do—in spite of the psychoanalytic dictum that no description of a therapeutic interaction is complete which leaves out the analyst's thoughts and feelings. It is certainly the mode of supervised work, but it is rare and refreshing to read an expert who is willing to so expose himself. Greenson is well aware that to do so means a candid revelation to astute colleagues of his "intimate self, his fantasy life, ideas, traits of character, etc." But it is only in this way that one can grasp his exposition of the experiencing analyst.

This is the analyst who is in touch with himself, and who opens himself to his own inner experiences of pain, joy and suffering as a way to understand the patient. Greenson's honesty and willingness permit the reader to observe empathy, startling intuition and even error in the working life of the analyst. However, the art and virtuosity of Greenson is impressive, and will be experienced by some as imposing. It is nevertheless a most instructive experience to watch as creative a therapist "at the bench."

The primary value of this volume is the degree to which Greenson accomplishes his aim. He intends to be a nidus of discontent, an irritant to complacency; he doesn't request that his reader agree with his technique (and many will not), nor does he require that the scientist accept his conceptual syntheses (although many will)—quite the contrary.

(continued on back cover)

"extraordinary combination of comprehensiveness, scope and lucid theoretical underpinning with the most luminous clinical illustrations...There is little doubt that this promises to be the definitive work on psychoanalytic technique. There is not a single aspect of the subject which is not treated in the fullest and clearest detail, combining explicitness with uncompromising profundity."

—Journal of the American Psychoanalytic Association

"there is no question that (Dr. Greenson) has written the best book yet on psychoanalytic technique."

—Roy R. Grinker, Sr., M.D.

(continued from inside page)

Greenson intends that this book have a heuristic impact on the field. He wants to stimulate a forum—a full, open and continuing discussion of all aspects of psychoanalytic technique.

There is little doubt that the book will do this. One cannot help but feel challenged into deep thought by the many issues raised; for example, the "mirror function," or anonimity of the analyst versus the real person, or the issue of optimal distance from the patient. But the issues are clearly stated, never dodged or obfuscated, and provocative enough so that the reader is obliged to clarify his own thoughts.

This exciting book, THE TECHNIQUE AND PRACTICE OF PSYCHOANALYSIS can be heartily recommended to all who are interested in people—and particularly to those in the Mental Health professions. The clinical material is abundant, relevant and absorbingly alive. The challenge is great and the rewards greater. I look forward to Volume II.

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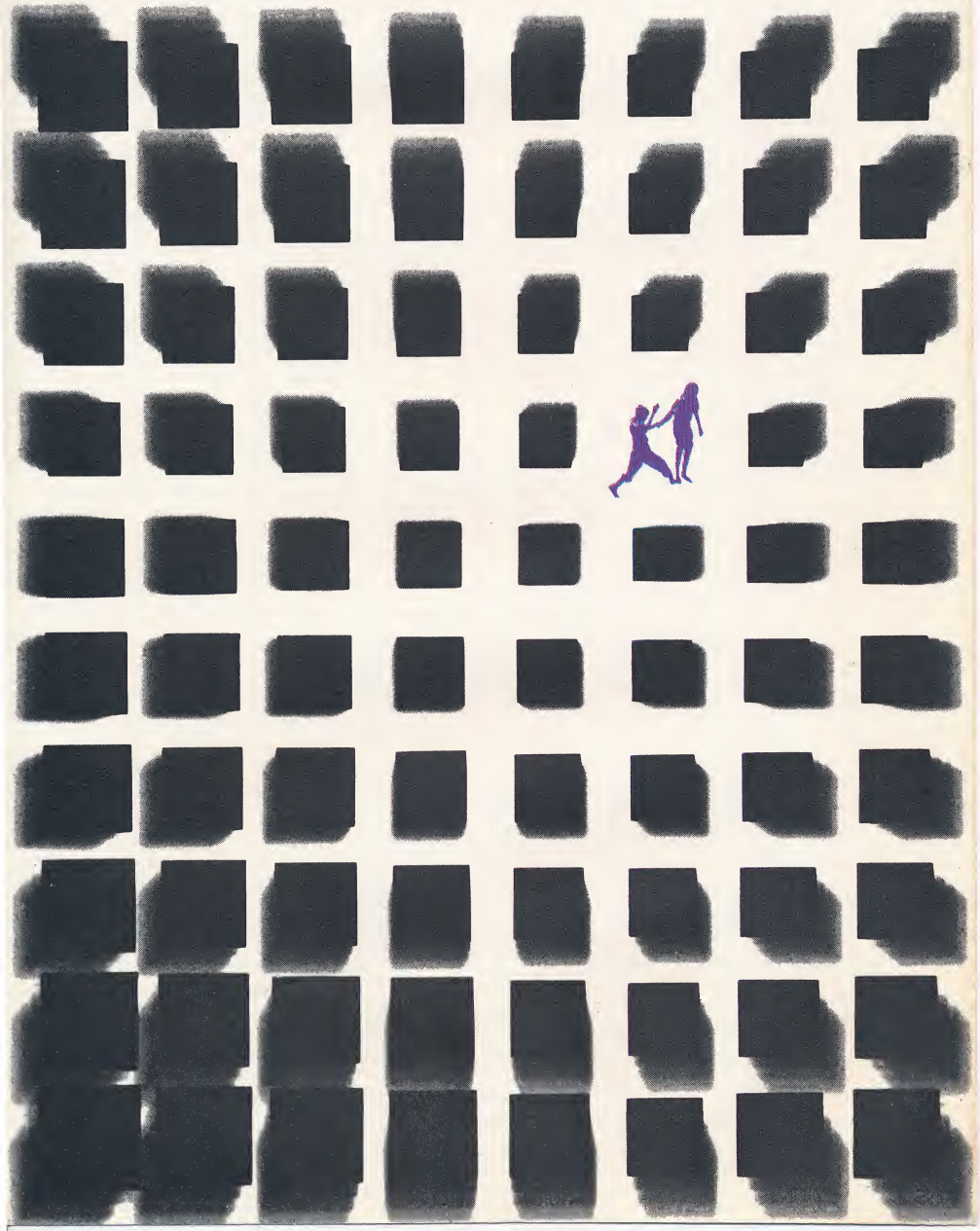
Logical Thinking in Children



a comment by Bärbel Inhelder
Professor of Development Psychology
University of Geneva, Switzerland

Under the editorship of Irving Sigel and Frank Hooper, LOGICAL THINKING IN CHILDREN constitutes a tribute to Professor Piaget whose creative work has inspired many of the contributing authors to extend the scope of his original ideas. *The book proves conclusively that the Piagetian school of thought is not an end in itself but rather a basis for a great many promising developments.*

Studies along Piagetian lines have become so numerous that this publication of a representative sample of papers will be an important tool for research workers. Moreover, the editors' choice and commentaries are such that, even though only one period is treated (that of concrete operations), the different articles all help to bring into focus the essential aspects of the theory of development.

As a Geneva psychologist, I am, of course, particularly interested in such a publication. In the first place, it is clear that child psychology is emerging from relative seclusion to fulfill a double function – to provide a method of dealing with fundamental problems of the acquisition of knowledge and, at the same time, to contribute to the theory of mental development itself. This is a tall order, however, and, as LOGICAL THINKING IN CHILDREN makes clear, we have a long way to go before we can resolve all the problems.

In fact, we are just beginning to realize that to comprehend the mechanisms of mental development, it is not sufficient to study the competence of children at different ages in certain cognitive fields. This is a first and vital step, but to understand structuring processes inside living organisms we shall have to devise methods which may have more of a biological nature than those employed by most modern psychologists; this approach, to which we attach great importance, seems to be gaining support nowadays, as is shown in some of the work reported in this volume. . . .

It should be remembered that a major concept in Piagetian theory is that *knowledge is not a reflection of reality but the result of active interaction between the subject and its environment.* The key to the understanding of developmental mechanisms is, in this theory, to be found in the gradual change in modes of interaction. It seems vital for the legitimate use and fruitful interpretation of Piaget-type experiments to take account of this basic tenet. It is reassuring that, at present, this basic concept of the subject's activity seems to be gaining ground in developmental studies. This is seen in LOGICAL THINKING IN CHILDREN, particularly in the contributions of those authors who have been in close contact with the Geneva school – Smedslund, Wohlwill, Elkind, and Smock.

Another fundamental concept of Piaget's theory is that of *general structure.* No logical discovery analyzed in our experiments can be reduced to an isolated concept, and the search for adequate logical models has thus become necessary. These models are not superimposed upon nor do they precede the experimental results, but they form an integral part of both the experimental design and the theoretical interpretation of the results. Even if the psychological reality of these models has not yet been conclusively proved, they have nevertheless an important heuristic and orientating function.

Are models based on the hypothesis of successive additions of separate acquisitions or on the statistical probabilities in strategy-choice really valid for the development and extension of Piaget's original findings? A different theoretical concept and a different line of investigation, although valid and important in themselves, cannot be expected to provide answers to questions emerging directly from Piaget's theory and experiments.

Many articles in this volume concern problems regarding the generalized mental structure underlying specific acquisitions. The general succession of stages seems to be confirmed by all authors, but the relationship between different tasks and substructures, apparently requiring the same mental structure, is still far from adequately explored; what is more, the experimental findings on this point are difficult to interpret.

This problem of "décalages horizontaux," or as Wohlwill calls it, "horizontal differential," seems to be one of the most important points which many psychologists are today trying to study in a more direct way. Our current research has led us to believe that the answer to this question will probably not be found by standardizing experiments or by refining statistical methods of treating results. It seems more likely that learning experiments analyzing in great detail the qualitative transformations of the behavior of each subject in the successive phases of training procedures may point the way to furthering our knowledge on the real nature of the "horizontal differential."

We are sure that this collection of recent work – LOGICAL THINKING IN CHILDREN – which not only reaffirms a great number of facts at first greeted with scepticism, but also opens up a whole new field of investigation, will prove to be of the utmost benefit to psychologists all over the world. We are very grateful to the editors for making this possible and for their open-minded handling of the subject.

– from the *Foreword*

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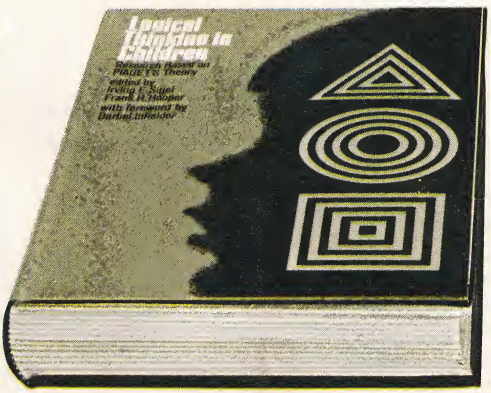

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Amitai Etzioni

THE ACTIVE SOCIETY

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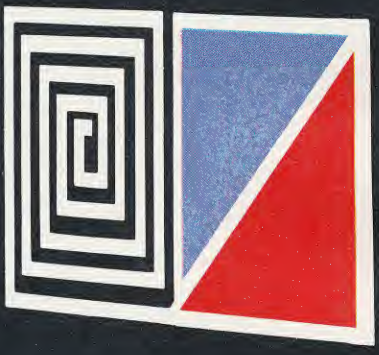

The active society, one that is master of itself, is an option the post-modern period holds. In this provocative study, which will be of special importance to sociologists and political scientists, Amitai Etzioni explores the conditions under which this option can be exercised.

a review by Melvin Reichler
Assistant Professor of Sociology
Queens College of the City University of New York

Amitai Etzioni's new book, THE ACTIVE SOCIETY, focuses on post-modern industrial society. Discussions of power modernity are usually of two types. The first kind is framed in a very abstruse manner; it places the problematics of contemporary social existence so far from the happenings of everyday life that it is useless as a guide to the solution of current professional and public problems. The second type is grounded so deeply in the details and nuances of a subspecialty that it is irrelevant to everyone but the most immediate colleagues of the author.

It is to Etzioni's credit that he has written a book which avoids the horns of this dilemma. While Etzioni's approach is theoretical, he maintains constant and firm connections to concrete and practical professional and public issues.

THE ACTIVE SOCIETY *presents a theory of the social and political processes which would constitute a mature self-controlling and self-developing advanced industrial society. In discussing what we may become, Etzioni also answers the question of what we are. He delineates and analyzes the fundamental processes of post-modern but pre-active societies.*

One of the distinctive features of the book is the consistency with which he stays where both the action and the risk are: at the macrosocial or societal level. An active society is one in which change is guided by consciousness and commitment. The central factors with which Etzioni deals are the real problematics of our time — *knowledge, power* and *consensus*. Etzioni's treatment of these issues is intelligent, liberal, enormously well-informed and extraordinarily systematic.

The particular jeopardy of our time is that we may loose control of our lives precisely at the point in history when the possibility of self-control is closest at hand. The price to be paid for such a loss is not only life itself but that which has been taken in western civilization as making life worthwhile. Etzioni ends his book with an epilogue on alienation and inauthenticity. If we do not attend to the task of achieving an active society this may be an epilogue to our time.

The book is unusual because of the variety of professionals and intellectuals to whom it will be relevant. Sociologists will find the treatment of the morphology of modern societies and the discussion of macrosystems enlightening. Social workers will encounter extremely relevant material in Etzioni's discussion of the problems of activating social units. Psychiatrists will discover something of value in the discussion of consciousness and alienation. Political scientists and the politically involved will draw on the substance of the discussion of power and decision-making. In developing the beginnings of a theory of post-modern society, Etzioni has drawn from every existing discipline without making the book an intellectual smorgasbord. He has rather enriched every piece of material he has borrowed by exposing its connections and relations to other material.

One of the major virtues of the book is the style of the analysis and the manner in which the theory of an active society is developed. The book contains trenchant and perceptive criticisms of contemporary approaches to the study of social systems particularly on the macrosociological level of analysis. Etzioni's treatment of concepts and ideas current in sociology and political science is critical but not destructive. Above all, Etzioni carefully separates what is essentially fruitful in contemporary behavioral science from what inhibits understanding of the dynamics of post-modern society.

The author is neither a revolutionary nor a rebel. His treatment of the active society pushes the possible but stays close to the feasible. He attempts to extend liberal predispositions and values into a future in which their achievement is both more possible and more necessary but not necessarily more probable. The realities of power and interest are respected but not permitted to overwhelm creative change and development.

Although Etzioni rejects much of the perspective which circulates today as the currency of fashionable intellectuals, he utilizes the most modern kind of analysis available today. His attention throughout is on process and the cybernetic model is consistently and fruitfully used. The focus on process and cybernetic control systems exposes some central but overlooked aspects of modern societies. Etzioni's treatment of knowledge and symbol systems, for example, fills a real need and will be the starting point for most later macrosociological treatments of this problem.

THE ACTIVE SOCIETY has one final attribute which will recommend it to professionals, scholars and active citizens; *it is comprehensive*. Its bibliography is broad and extensive. The material is not only well-footnoted but each chapter has an extensive set of notes which clarify and develop material introduced in the text. This means that even a reader familar with the material in a specialty will find something new, something missed or something forgotten.

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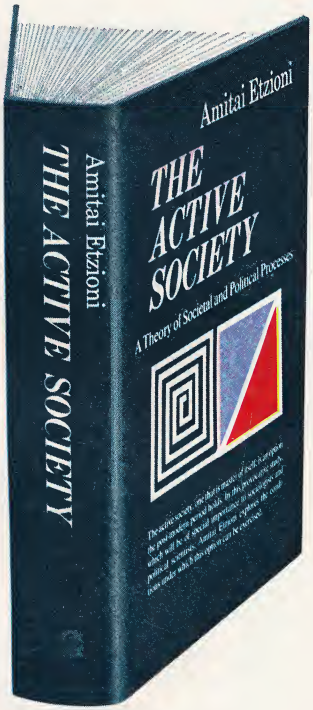

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POPULATION: CRUCIAL PROBLEM FOR MANKIND

"The population of the world is increasing at the rate of about 180,000 people every 24 hours. This is tantamount to adding enough people each month to make a new city the size of Chicago."

— LOUISE B. YOUNG IN POPULATION IN PERSPECTIVE

No other single statistic could more graphically or dramatically underscore the critical importance to everyone in the world of the so-called "population explosion." POPULATION IN PERSPECTIVE, a just-published volume edited by Louise B. Young, Science Editor of the American Foundation for Continuing Education, does just what its title implies, and more: It throws the hard light of scientific inquiry on every aspect of the most neglected and pressing problem of our times.

Population, of course, has gone through surges of growth at other periods in history. (The current sharp rise actually started before A.D. 1600, and has been accelerating — with only minor setbacks — ever since.) In the past, each significant increase in population has followed a major step forward which made more natural resources available: the invention of agriculture, the harnessing of animal power, the opening of new lands, the urbanization of nations, and the industrial revolution.

But the current geometrical growth in population stems from a different kind of advance: the control of death by modern medicine and sanitation. By allowing more people to live while not providing new sources of subsistence, science has upset nature's balance. Although technology has provided more food and more energy and new ways to control human fertility, these factors are not linked in the simple cause-and-effect relationship that maintained the balance before. Equilibrium between the new death and birth rates can only be established now through the use of human intelligence.

As POPULATION IN PERSPECTIVE so ably demonstrates, there are many complex, interrelated forces — physical, cultural, and psychological — which influence the fertility of a population. The people of India, for example, *want* more children than the people of France, and they want them for different reasons. Methods of family planning which are acceptable to Germans or Scandinavians may not be acceptable to the Puerto Ricans for esthetic or religious reasons.

POPULATION IN PERSPECTIVE is a big, 460-page book designed to help the reader to achieve the proper perspective on the population problem. The contributions are by experts in many different disciplines — anthropologists, biologists, demographers, economists, sociologists, to name but a few — giving the book a multidisciplinary approach and presenting a broad panorama of the diverse influences that affect human fertility.

The list of contributors reads like a veritable "Who's Who": Marston Bates, William Vogt, Margaret Sanger, Dr. John Rock, Kingsley Davis, Philip Hauser, Harrison Brown, Frederick Osborn, as well as Thomas Robert Malthus, Charles Darwin, Karl Marx, Bishop James A. Pike, and Popes John XXIII and Paul VI.

The first part of POPULATION IN PERSPECTIVE concentrates on the *biological* relationship advanced by Malthus and the effect upon it of scientific advances in birth and death control. Subsequent sections explore the complex *social and economic factors* which apply to human problems: food and fertility; population and power; social customs, political philosophies, and religious beliefs as they affect birth rates; attitudes toward sex and marriage; evidence for the future from experiments in population control among animals; and the research now being conducted which may affect human fertility.

Here is a book that should be read by every thinking individual, for in the "population explosion" lie the seeds of famine, social unrest, war, and untold suffering for countless generations yet to come. In the time it has taken you to read these words, someone somewhere has died of physiological starvation in this Anno Domini 1968. Not in another country, but in your very own — perhaps in your own county, certainly in your own state. (In the underdeveloped countries, for half-starved millions hunger is a chronic condition.)

It has been estimated that in a century the world's population will have doubled, and that wars are unlikely to affect this expansion by much or for long. In three and a half centuries the earth's population will have increased by a factor of 10; in 10 centuries by a factor of 1,000; in 20 centuries by a factor of 1,000,000. Serious scientists — not prophets of doom — calculating population growth, have predicted a situation in the future best described as "standing room only." Even with more land in cultivation, improved agricultural methods, and with intensive development of the plant and animal resources of the sea, the cruel yet crucial overriding question will be: Who is to be allowed to survive?

For all who would arm themselves against unthinkable worlds with readable and honest facts — facts stated plainly and without bias — POPULATION IN PERSPECTIVE is the single authoritative volume available.

Contributors Represented in POPULATION IN PERSPECTIVE

MARSTON BATES • STEPHEN VINCENT BENÉT • BERNARD BERELSON • EUGENE R. BLACK • HARRISON BROWN • RITCHIE CALDER • JOHN B. CALHOUN • SALLY CARRIGHAR • A. M. CARR-SAUNDERS • ANSLEY J. COALE • ROBERT C. COOK • W. V. D'ANTONIO • KINGSLEY DAVIS • ALICE TAYLOR DAY • LINCOLN H. DAY • JOSUE DE CASTRO • FEODOR DOSTOIEVSKY • RENÉ DUBOS • RICHARD M. FAGLEY • JAMES ALFRED FIELD • RONALD FREEDMAN • MORTON H. FRIED • PHILIP HAUSER • HUDSON HOAGLAND • FRANCIS L. K. HSU • JULIAN HUXLEY • JOSEPH WOOD KRUTCH • FRANK LORIMER • DAVID LUBBOCK • THOMAS R. MALTHUS • KARL MARX • RICHARD L. MEIER • NATIONAL ACADEMY OF SCIENCES • A. F. K. ORGANSKI • KATHERINE ORGANSKI • JOHN BOYD ORR • FREDERICK OSBORN • PAPAL BIRTH CONTROL COMMISSION • DONALD CULROSS PEATTIE • THE RT. REV. JAMES A. PIKE • POPE JOHN XXIII • POPE PAUL VI • JOHN ROCK • MARGARET SANGER • KARL SAX • JAMES THURBER • WILLIAM VOGT • G. P. WELLS • H. G. WELLS • PAUL WOODRING • WORLD COUNCIL OF CHURCHES • V. C. WYNNE-EDWARDS

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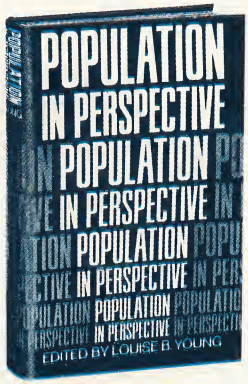

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